



**Irene M Greene MSED**

Greene Growth & Training

*Enhancing Personal, Relational, Professional & Community Change for the Socially Conscious*

The Well: Healing Arts Center

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**Self-Care During COVID-19 and Beyond: Staying Resilient for the Long Haul**

*~ For staff who are working-at-home and “essential” social service and mental health providers ~*

**The Coronavirus has forever changed our lives and work as we have known it.**

- Social service and mental health organizations are trying their best as they scramble to develop new systems, routines, policies and priorities. Many staff are feeling the stress of trying to provide services with fewer resources and doing so under increasingly challenging situations. Some staff are feeling overwhelmed, exhausted and stretched in multiple directions.
- Simultaneously, in their personal lives, these same staff members are trying to adjust to this seemingly daily changing “new normal” of ambiguity that is driven by COVID-19. Everyone has their own fears, worries and anxieties about the psychological and emotional wellness, financial security, and physical health of themselves, their families, their colleagues, their communities, and the state of our world.
- Organizations are working hard to determine how to care for their staff while also wanting to continue providing whatever services they can reasonably manage.

**Online Support and Consultation for Organizations and Agencies**

Irene is working with organizations and agencies to help them support their staff. She provides personalized online group facilitation, support, training, and consultation, including short-term or long-term weekly or bi-weekly staff wellness group check-ins, burnout awareness and self-care skill-building, and organizational consultation

*All levels of any service organization will need extra fortification and intention to balance the traumatic and uncertain nature of these times.*

*Through this surreal long haul, it is important that everyone remain as psychologically, emotionally and physically resilient as possible.*

**Irene works with each organization to create a group meeting structure that is geared towards the particular services that organization provides, the specific duties of the staff who will be present, and the challenges and concerns that staff are facing. She has extensive experience consulting, coaching and training non-profit organizations who provide direct services to the community or work for social justice.**

**Staff Wellness Group Check-ins** are an intentional opportunity for providers to dedicate intentional time to pause together from the chaos; unite strengths, strategies and resources; receive coaching and consultation; share concerns and wisdom; and simply stay connected.

**Possible Topics & Themes:**

- Identify creative ways to mutually-support each other
- Receive coaching and strategies to stay emotionally and physically resilient
- Obtain psycho-education about stress, compassion fatigue, burnout and vicarious trauma symptoms and preventative measures
- Learn how to identify and sooth our own moral injury as we come to terms with the guilt that we may feel from not helping clients or each other enough
- Identify professional boundaries and ethics when practicing from home and with limited resources
- Discuss the professional impacts of the intersection of our own personal traumas, and the traumas of those we are serving, and the traumas of our workplace peers
- Explore how trauma-based interpersonal workplace dynamics can be curbed
- Receive consultation about telehealth ethical dilemmas
- Balance Work-Family-Self when working from home
- Practice letting go of our perfectionism and what we cannot control
- Address our anxiety and worry about the uncertainty of the times
- Identify fears around reduced income and loved ones becoming ill
- Express the grief and loss from illness and death of clients, colleagues, family, and community
- Gain strength, light-heartedness and solace from connecting with each other

Contact Irene to discuss your needs and which options may work best for your organization. Fees depend on the nature of the services. Irene offers similar consultation, training and wellness group options to medical professionals and community organizers. Irene Greene MSED (of Greene Growth & Training in Minneapolis) has over 30 years

experience as a group facilitator, counselor, wellness coach, educator and professional consultant. Her specialty areas include trauma-informed care, addressing and curbing compassion fatigue, oppression fatigue, political trauma stress, burnout and stress, and conflict resolution.